

Chapter 1

PPIP Overview

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Introduction

Emphasis on the provision of clinical preventive services in primary care has increased greatly in recent years. In fact, one of the three broad goals of Healthy People 2000 (the national health promotion and disease prevention objectives of the U.S. Department of Health and Human Services) is to achieve access to **clinical preventive services** for all Americans.

Preventive services refer to those services provided by clinicians that focus on keeping patients healthy, as opposed to intervening only when they are ill. **Clinical Preventive Services** include:

1. assessment of risks (either behavioral, genetic, age, gender or ethnic group),
2. counseling on reduction of identified risks, and
3. provision of risk-appropriate screening tests and immunizations.

The majority of deaths in the United States are related to smoking, poor diet, lack of physical activity, and/or alcohol consumption (McGinnis & Foege, 1993), and each of these behaviors are at least partially under the control of the individual. The U.S. Preventive Services Task Force (USPSTF) states “conventional clinical activities (e.g., diagnostic testing) may be of less value to patients than activities once considered outside the traditional role of clinicians (e.g., counseling and patient education). This suggests a new paradigm in defining the responsibilities of the primary care provider” (USPSTF, 1996).

There are substantial barriers to the assumption of these new responsibilities by primary care providers. The **Put Prevention Into Practice** (PPIP) model seeks to facilitate the organizational changes that are needed by providing tools, clinical guidelines, and a system for the sharing of responsibilities across all disciplines of practice.

What is PPIP?

Put Prevention Into Practice (PPIP) is a system designed to improve the delivery of clinical preventive services. The PPIP system provides preventive services within the framework of the overall clinical system through the promotion of a comprehensive philosophy of prevention and the use of specific research-based office materials and tools for clinicians and patients.

PPIP embraces a comprehensive philosophy of prevention that stresses the importance of environmental factors and team work to implement preventive care and encourages taking advantage of every patient encounter as an opportunity to promote preventive action. PPIP provides a set of reference materials and tools that cover a wide range of disease prevention and health promotion activities that may be provided in a primary care office or clinic.

PPIP enables clinicians to:

- Identify risk factors and health-compromising behaviors for each client through an annual health risk assessment;
- Target risk reduction and health promotion through counseling and education, in order to empower patients to take appropriate action to modify their risks; and
- Follow identified risks with appropriate screening tests, examinations, and procedures to detect chronic disease processes and to facilitate further evaluation, diagnosis, and guidance.

Role of TDH

The Texas Department of Health (TDH) supports the dissemination of PPIP in primary care sites throughout Texas with three main efforts:

1. **Technical assistance** is provided free of charge by consultants who are trained in a joint effort between the Bureau for Disease and Injury Prevention at the TDH and the Department of Kinesiology and Health Education at The University of Texas in Austin.

These consultants, or **Clinical Prevention Specialists (CPS)**, receive comprehensive instruction with an emphasis on process consulting. Process consulting provides clinic staff with insight into the status of the relationships that exist within an organization. One assumption of this model is that “all organizational problems are fundamentally problems involving human interactions and processes” (Schein, 1988, p. 12). The consultant shares the skills of diagnosis and problem solving so that the organization itself becomes empowered. This is a reciprocal helping relationship: the consultant always learns along with the client.

To obtain the name of your regional PPIP consultant,
call the Adult Health Program at 512-458-7534.

2. The **Adult Health Program (AHP) Manual** helps clinics develop effective protocols for comprehensive clinical preventive service delivery. The information provided in the AHP Manual guides clinic administrators and clinicians in monitoring and evaluating quality in the performance of clinical prevention.
3. This document (**The AHP Implementation Guide for Clinical Preventive Services**) is a compilation of “lessons learned” from clinical sites across Texas as a result of a demonstration project that took place between 1994–1997.

From the beginning of the project, clinical sites requested assistance with the organizational development required for this complex systems change. The recommendations provided in this guide are based on research performed in Texas through observation and staff interviews at the demonstration sites.

Learning Objectives

By reading and applying the information in this guide, you will be able to:

- Understand the value of clinical preventive services in today's primary care settings;
- Identify issues related to implementing systematic preventive services,
- Utilize preventive care guidelines and standards to deliver risk-appropriate screening, counseling, and follow-up to patients at risk;
- Describe staff functions to be performed in the provision of comprehensive preventive services; and
- Identify the PPIP tools and describe their use.

Credits

The authors wish to express their sincere appreciation to staff members at all levels in the original PPIP demonstration sites. These sites were Corpus Christi Family Practice Residency Program, San Jacinto Methodist Hospital Family Practice Residency Program, Gateway Community Health Center, Inc., Central Texas Medical Foundation Family Practice Residency Program, San Vicente Centro Familiar de Salud, Gonzales County Health Agency, Inc., John Peter Smith Hospital Family Practice Residency Program, and the TDH Public Health Regional Clinics in Littlefield and Cotulla.